



WE CU VOLUNTEER

Volunteer Leaders Symposium

Registration is OPEN; Make plans to join us
Saturday, August 10, 2019!!!



The 9th annual South Carolina 4-H Volunteer Leaders Symposium will be hosted at Midlands Technical College – Northeast Campus (151 Powell Road, Columbia, SC) on Saturday, August 10, from 9 AM to 4 PM in conjunction with South Carolina 4-H's youth Ambassador Training. Registration is now open! The cost is \$15 per person. The deadline to register is July 26th.

Volunteers can sign up for a variety of workshops. From brand-new volunteers to our veteran club leaders, we have something fun and engaging for all of you! Don't miss this time to fellowship and share with one another.

Register HERE

Upcoming Statewide Programs:



Junior Beef Round-Up
August 2-4, 2019

Youth beef cattle contest open to the southeast region (for all age divisions)

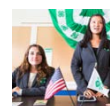
Register early by July 12th



Volunteer Leaders Symposium
Saturday, August 10, 2019

Training for all volunteers across the state to network and learn (for adults)

Register by July 26th



Ambassador Training
Saturday, August 10, 2019

Hands-on leadership training for youth (for ages 14-18). **Registration TBA**

Register by July 26th



4-H Day at the SC State Fair
Saturday, October 12, 2019

All youth and volunteers with active membership cards get in FREE

No pre-registration required

"4-H has a huge impact on my life. I have learned so much about agriculture, community service, public service, and being a leader in my 4-H community...I am thankful I'm a part of this wonderful organization." 4-H'er



It's official! The 2019 National Youth Science Day (NYSD) challenge has been announced. For the past 11 years, 4-H has developed hands-on challenges that shows kids how STEM skills can be applied to the world around them. This fall, we expect to reach more than 150,000 kids at thousands of events across all 50 states through NYSD. 4-H

will hold NYSD events throughout the month of October in classrooms, clubs, homes and after-school spaces across the country. Check out a preview of this year's [GAME CHANGERS](#) challenge and find out how you can get involved!



South Carolina 4-H Youth and Adults Participate in True Leaders in Service

We have had the best representation by South Carolina in [True Leaders in Service](#) in the three years National 4-H Headquarters has coordinated this effort. Thank you to all that registered events and promoted service opportunities with the youth in your communities! We had **7 events registered with 174 youth participants and 56 volunteers.**

In no particular order, these events were registered:

Red Fox 4-H: Members of the Red Fox 4-H Club at Hartsville High School (SC), solicited donations and supplies to plant a garden to donate to the school's Family and Consumer Sciences teacher for use as an outdoor classroom. (04/01/2019, 1:30pm - 3:30pm) **Projected Participants: 6 Projected Volunteers: 1**

Chester County 4-H – Cancer Care Bag Project: (04/10/2019, 6pm - 9pm) **Projected Participants: 6 Projected Volunteers: 3**

WHEP State Contest: The first statewide Wildlife Habitat Education Program (WHEP) contest was held in South Carolina in about 20 years. We conducted 4 separate activities for 9-18 year olds to learn about wildlife habitat management. (04/27/2019, 9am - 3pm) **Projected Participants: 17 Projected Volunteers: 22**

Hampton County 4-H Clubs: Hampton County Jr. 4-H Club, Hampton County 4-H Ambassadors, and Hampton Wildlife 4-H Club made and donated 52 Easter Baskets to DSS. (04/16/2019, 5pm - 7pm) **Projected Participants: 10 Projected Volunteers: 2**

AgVentures: AgVentures is an agricultural literacy program for 6th and 7th grade youth. Enhancement of pollinator habitats were specifically featured and youth were provided with seeds to install pollinator-friendly gardens. (04/03/2019, 8:30am - 1:30pm) **Projected Participants: 120 Projected Volunteers: 25**

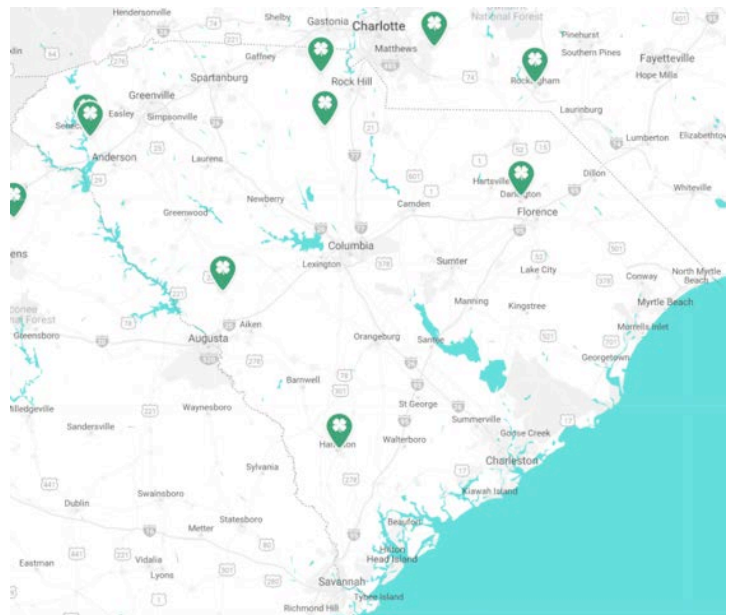
Earth Day Tree Planting: Trees for Earth Day celebration were planted for community beautification and pollinator promotion. (04/22/2019, 10am - 12pm) **Projected Participants: 15 Projected Volunteers: 2**

Top: National 4-H map of True Leaders in Service events registered in South Carolina. Bottom: The HHS 4H Club built, planted and donated a beautiful garden to the HHS Food and Nutrition program. The garden was dedicated this week. We Are...Red Foxes! *Image credit: National 4-H and Hartsville High School Facebook Page.*

York County 4-H Historical Club's Butterfly Informational Presentation & Release in Honor of Domestic Violence Victims: A milkweed seed saving program is promoted along with the release of Monarch butterflies in honor of domestic violence victims and their families. Gardens in the city of Rock Hill are cleaned up and planted with new milkweed for the butterflies. The presentation takes place during the annual Come See Me Festival in Rock Hill, SC.

04/04/2019, 2pm - 3:30pm

Projected Participants: 4 Projected Volunteers: 1



Clemson Agricultural Safety Program for Youth

The first Clemson Agricultural Safety Program was a success, hosting teenagers from across the upstate at Simpson REC to gain hands-on experience learning about potential hazards and preventing accidents in agriculture.

This FREE event will be offered three more times in July for youth ages 15-18. Email Hunter Massey at massey4@clemson.edu to learn more and secure your spot. Registration deadlines are coming up quick, so don't miss this great opportunity to learn about agricultural safety!



Ag Safety Day for teens hosted over 40 youth in Pendleton, SC on June 19, 2019. Credit: Clemson Extension Facebook Page

Upcoming events and deadlines:

Sandhill REC, Columbia, SC - July 17 (registration deadline July 1)

Pee Dee REC, Florence, SC - July 31 (registration deadline July 15)

Edisto REC, Blackville, SC - July 23 (registration deadline July 23)

A Huge “THANK YOU” to all our Sponsors!!!

We held our annual 4-H Sporting Clays Fundraiser at NWTF Palmetto Shooting Complex on Friday, May 31, 2019. It was an absolutely beautiful day that we enjoyed spending with friends and supporters. We netted over \$15,000 for leadership and scholarship opportunities for South Carolina youth. Thank you for everyone who supported this initiative!!! From supporters, sponsors, shooters, and trappers to 4-H'ers, agents, staff, and students, we appreciate your dedication and contributions that made this event a huge success. THANK YOU!!!!



Youth Represent SC at National 4-H Shooting Sports

By Richard Willey, 4-H Natural Resources Specialist and Shooting Sports Coordinator

Congratulations to our 2019 state 4-H shotgun team who just finished their last day of competition at the 2019 National 4-H Shooting Sports Championship in Grand Island, NE. Pictured from left to right in the image below, team members are comprised of Makayla Porter (Saluda County/Rocky Creek), Walker Kelly (Abbeville County/Ricky Knoll), Cameron Huston (Edgefield County/Strom Thurmond) and Chase Land (Pickens County/Clemson 4-H). All four of them have represented South Carolina very well both on and off the shotgun fields. Their sportsmanship, manners, fellowship and team work have been outstanding. On day 1, they competed in sporting clays. Walker Kelly was the top shot on the team and just missed the podium by 1 target on a very tough course. All 4 of them kept a positive attitude and worked hard for every target. Day 2, they shot skeet and all 4 shot very well in extremely windy conditions. Cameron posted the highest score and just missed making the podium by 2 targets. As a team they came in 7th place, missing the podium by only 3 targets. On Day 3, they shot trap. Again, all of them shot well, but Cameron Huston had the round of his life and became the 2019 National 4-H Trap Champion with the sole 99/100 score of the day. Way to go Cameron! We are very proud of all 4 of these young people! Please help us in congratulating them.



Top: Cameron Huston (center) on podium as the 2019 National 4-H Trap Champion. Below: 2019 South Carolina 4-H delegation to the National 4-H Shooting Sports Championship. Credit: Rick Willey, 4-H NR Specialist



Monthly 4-H Club Activity Idea

by Ashley Burns



Demonstrating Digestion

Objective: To understand basic concepts of stomach digestion.

Age Range: All ages.

Hands-on Activity: To create, experiment with, and demonstrate a model stomach.

Life Skills: HEAD – learning to learn, problem solving, decision making;
HEART – social skills, communication, sharing;
HANDS – self-motivation;
HEALTH – healthy lifestyles choices.

Introduction

Humans and animals ingest food and digest it to convert food to energy. **Ingestion** the process of taking food, drink, or another substance into the body by swallowing or absorbing it. **Digestion** is the process of breaking down food in the mouth, stomach, intestines and other organs so that it can be used by the body. There are many different types of digestion that occur in animals and this activity highlights the function of monogastric (or “acid-containing” stomach) digestion. Humans, mice, pigs, cats, dogs, and more are monogastric animals. Deer, goats, cattle are common examples of ruminant animals. Ruminants also have an acid-containing stomach, but food enters that part of the stomach (called the abomasum) after it passes through the rumen, where cellulose digestion occurs. Cellulose is the primary structural carbohydrate in plants. A lot of herbivores that eat plants are ruminants. (Horses and rabbits are monogastrics, but they have a large cecum where cellulose digestion occurs after the intestines.) The act of mastication (chewing), peristalsis (involuntary movements of digestive-tract muscles), and role of acid in the stomach to break down non-structural carbohydrates are all demonstrated in this activity with youth.



Materials (per youth)

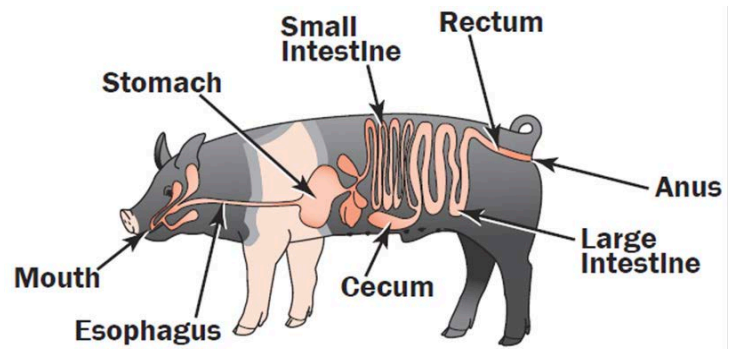
- 2 pieces of bread
- 2 sandwich bags (good quality!!!)
- Small amount of water (about ¼ cup)
- Small amount of soda (about ¼ cup)

Activity Instructions

1. Based on the age, knowledge level of the youth, review the basics of ingestion and digestion.

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2. Have the youth demonstrate mastication or chewing by tearing up the pieces of bread and putting them each in a separate plastic bag.
3. In one bag, they add an amount of water. In the other, they add an equal amount of soda to represent stomach acid.
4. Let the bags with bread and liquid sit for one minute. Have youth observe what happens and share their observations.
5. After one minute, youth can mix the contents of each bag by kneading it *gently* with their hands to represent peristalsis. Again, reflect on the



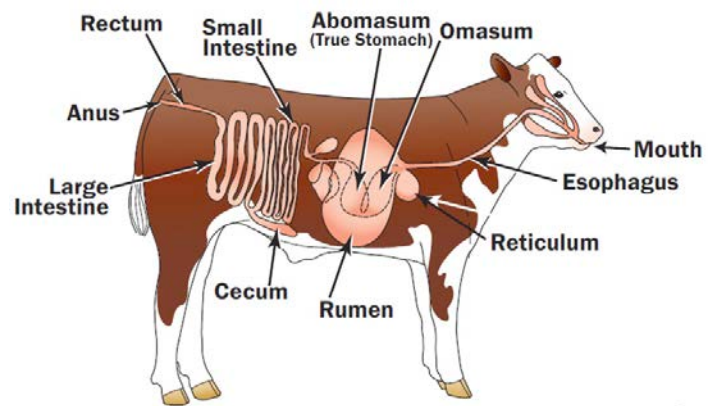
A diagram of the monogastric digestive system of swine/pigs. Image credit: Oklahoma Department of Career and Technology Education, Curriculum and Instructional Materials Center

Reflective questions

- What did you like about this activity?
- What happened during this activity? Did you encounter any differences?
- Did some people “chew” their bread more than others? How did that affect the amount of “digestion that occurred”.
- How would you teach someone about this concept?

Conclusion

This activity is a fun way to teach a basic science concept of the ingestion and monogastric digestion. Youth get to see properties in action to reinforce learning. Manipulation of parameters in this activity can allow for additional expansion/learning.



A diagram of the ruminant digestive system of cattle. Image credit: Oklahoma Department of Career and Technology Education, Curriculum and Instructional Materials Center

Additional Resources:

Thelen, J. 2016. A Stomach at Work. 4-H Animal Science Anywhere. Michigan State University Extension. https://www.canr.msu.edu/uploads/236/65684/4H1659_AnimalScienceAnywhere-DigestiveSystem_NEW.pdf

Stomach.com. 2017. Stomach Facts: Lessons for Kids. Chapter 3. Lesson 43. <https://study.com/academy/lesson/stomach-facts-lesson-for-kids.html>

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